

Health and Life Insurance Group Benefits

The State of Montana has developed a comprehensive group insurance benefits program that includes medical, dental, visions, prescription, and life insurance options. The state contribution covers the cost of your "core" medical, dental, and basic life insurance. Additional coverage is available for yourself and your eligible dependents. Your personnel office or the Employee Benefits Bureau has information about the costs of additional coverage.

The state sponsors a bi-annual health screening for eligible employees at no cost. The screening features a blood analysis, body weight assessment, and overall health review. The benefits bureau notifies employees when health screenings are scheduled.

Another benefit of state health insurance is the Employee Assistance Program (EAP). The program is intended to help you and your family deal with personal problems. EAP offers confidential counseling services. Short-term counseling (up to 4 visits) is provided free of

charge. A pamphlet that describes the EAP is available in your agency or through the benefits bureau. Call 1-800-833-3031 for 24-hour, seven days per week, crisis counseling.

The Employee Benefits Plan booklet provides a complete description of health and life insurance benefits. For a copy, contact your agency personnel office or the Employee Benefits Bureau.